

Malnutrition

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What is malnutrition?

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Signs that you may not be taking enough food include having a low weight or have noticed unexplained weight loss. A change to the way your clothes or jewellery fits is a sign that your weight is falling. A recent loss in appetite or low energy levels may also suggest malnutrition.

Malnutrition affects every part of the body. It can give rise to more Gp visits, hospital stays, and more complications from illness and higher care needs.

The easiest and quickest way to identify if you or someone you care for is at risk of malnutrition is to use the Patients Association Nutrition Checklist. This checklist also offers some helpful advice to help eating, drinking and making food.

[Download the Patients Association Nutrition Checklist](#)

If you have further concerns around your food intake or weight or need further advice please speak with your Gp.

Malnutrition resources

- [Making the most of your food](#)
- **Nourishing drink ideas**
- [Malnutrition self -screening tool](#)
- [How to use oral nutritional supplements](#)

- [Substance Misuse](#)

Palliative Care resources

- [When illness affects your appetite](#)
- [Guidance for appropriate prescribing of ONS FINAL.pdf](#)
- [Swallowing information for end of life care_0.pdf](#)

Miscellaneous resources

- [Vitamin and mineral supplements](#)
- [Vegetarian, vegan and plant based eating](#)
- [Fluid intake](#)

Last reviewed
05 October 2026

For professionals

The easiest and quickest way to detect malnutrition is to use the British Association of Parenteral and Enteral Nutrition (BAPEN) Malnutrition Universal Screening tool (MUST). This tool is available in a paper form or via an online calculator.

- [Malnutrition Universal Screening Tool](#)
- [‘MUST’ Calculator | BAPEN](#)
- [The Patients Association Nutrition Checklist | The Patients Association](#)

Free MUST training may be accessed via your trust teams or through the BAPEN portal using a HSCNI email address

[BAPEN e-Learning Portal](#)